

# The Sourdough

S E N T I N E L

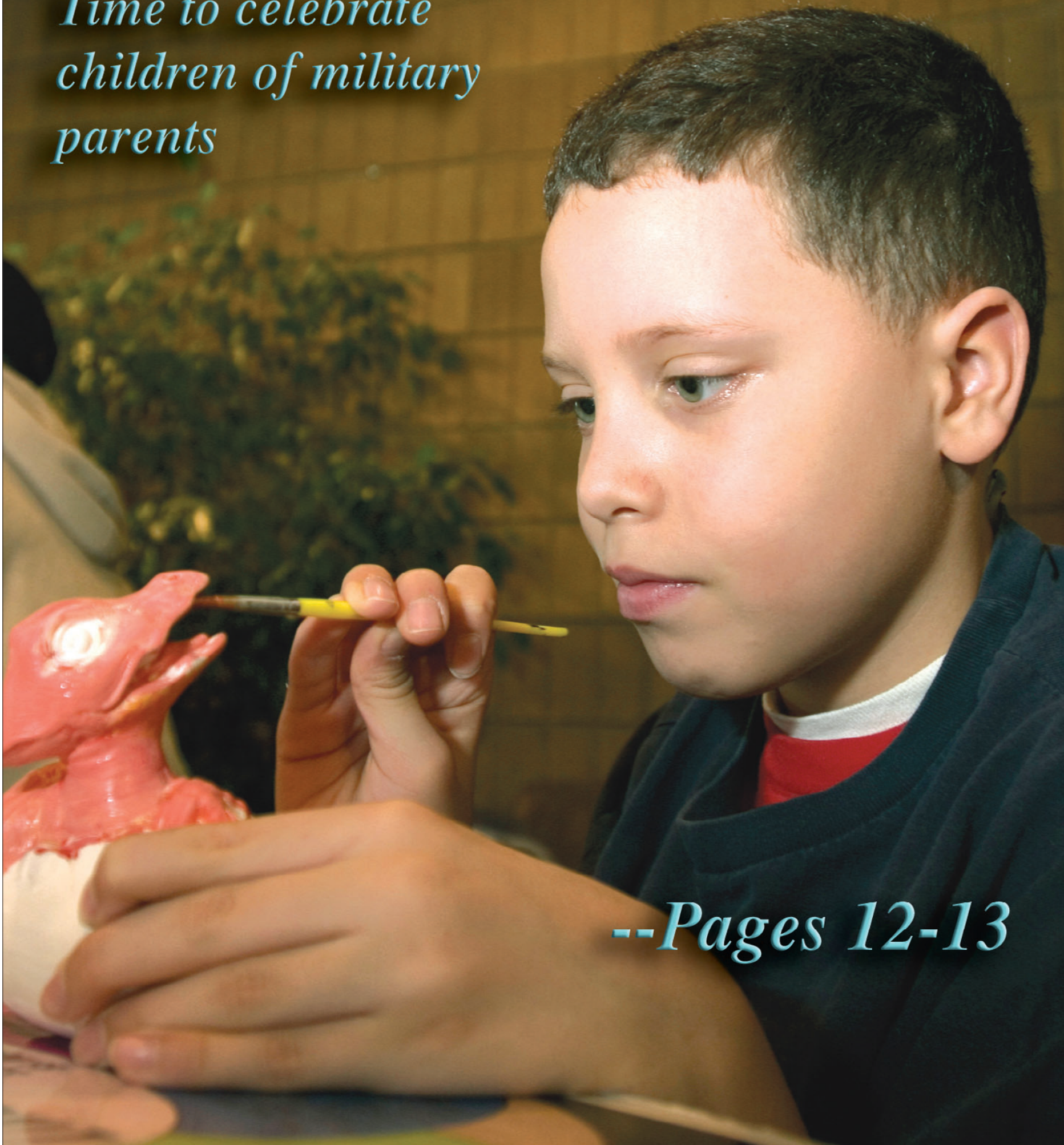
April 22, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 16

## *Month of Military Child*

*Time to celebrate  
children of military  
parents*



*--Pages 12-13*

# Memorial service held for Arctic Warrior

By Master Sgt. Tommie Baker  
3rd Wing Public Affairs

A memorial service was held Saturday for Senior Airman Billy W. Wheeler, 3rd Equipment Maintenance Squadron, aircraft structural maintenance apprentice.

Airman Wheeler passed away April 13 after having been hospitalized at Providence Alaska Medical Center since April 7 after he fell from an F-15 he was working on.

“In a flight of 161 personnel, Billy was the one person that everyone could connect with. He was, in the words of his flight chief, ‘adored by all.’ He touched the lives of so many, across all walks of life, to include members of his church congregation; teaching young Airmen proper hand

forming techniques; or volunteering for community events; Billy took the lead to guarantee the world and people around him were in a better place for having known him and having him a part of their lives,” said Lt. Col. Jerry Johnson, 3rd EMS commander, at Airman Wheeler’s memorial service.

Airman Wheeler joined the Air Force in 2001 and was assigned here in 2002 after completing his technical school to learn the art of aircraft structural maintenance.

Airman Wheeler was posthumously awarded the Air Force Commendation Medal. He had previously been awarded the Air Force Outstanding Unit Award with one device, the Air Force Good Conduct Medal, the National Defense Service Medal, the Global War on Terrorism Service Medal and the Air Force Training Ribbon.



COURTESY PHOTO  
**Senior Airman Billy Wheeler, 3rd Equipment Maintenance Squadron, passed away April 13 after being hospitalized for injuries sustained in a fall from an F-15.**



■ **Airman 1st Class Samuel Cooper**, 517th Airlift Squadron, was vital to his section’s success when he assumed duties as Flightline Section Chief during Polar Force 05-3.

He directed and led six different pre-flight inspections for over 125 crewmembers. Furthermore, his continued efforts ensured squadron aircraft were properly configured for real-world deployments to Southwest Asia and Operation Enduring Freedom with zero delays. His strong leadership, attitude and focus led to a much deserved Below-the-Zone promotion to Senior Airman.

■ **Staff Sgt. Roman Garcia**, 3rd Maintenance Group, distinguished himself while responding to a bomb rack malfunction during Polar Force 05-3. His outstanding efforts revealed a binding swedge cam and lock pawl that could potentially cause a catastrophic in-flight mishap due to an unsecured munitions load.

He quickly replaced the bomb rack ensuring weapons security and increased reliability of the F-15E weapon system.

■ **Master Sgt. Donald Jenkins, Tech. Sgt. Mark Rochon, Ms. Wendy Warner, Mr. Rocky Latta**, 3rd Mission Support Squadron, volunteered their off-duty time to support Operation Family Top Cover and Cope Deployment in which over 250 family members participated.

They coordinated activities, recruited and managed volunteers manning many of the stations. This event provided an opportunity for the base agencies to educate and inform spouses and children of the 3rd Wing’s deployment process.

■ This week’s commander’s shadow is **Airman 1st Class Karlie Madden**, 3rd Wing Command Post.

# 41 Arctic Warriors graduate NCO Academy

The following noncommissioned officers graduated from the NCO Academy Class 05-4 April 6:

*John L. Levitow Award*  
*Elmendorf Professional Military Education Center Commandant Award*  
**John McKeown**, 354th Communications Squadron

*Academic Achievement Award*  
**Gerald Brockman**, 3rd Aircraft Maintenance Squadron

*Distinguished Graduate Awards*  
**Robert Sullivan**, 354th Operations Support Squadron  
**Michael Patz**, 3rd Communications Squadron  
**Sonny Dean**, 176th Air Control Squadron

*Graduates*  
3rd Aircraft Maintenance Squadron  
**Gerald Brockman**  
**Shawn Gumprecht**  
**Brian Henn**

**Kenneth Malloy**  
**Randal Shutt**  
3rd Civil Engineer Squadron  
**Shannon Fortune**  
**Lance Hayward**  
**David Skipworth**  
3rd Component Maintenance Squadron  
**Joel Calata**  
**Matt Webster**  
3rd Equipment Maintenance Squadron  
**Kernie Bodison**  
**Patrick Boyden**  
**Lawrence England**  
3rd Logistics Readiness Squadron  
**Thomas Desantis, Jr.**  
**Howard Konarski**  
**Jeffrey Noffke**  
**Robert Mclean**  
3rd Maintenance Group  
**Jason Moorman**  
3rd Maintenance Operations Squadron  
**Connie Dale**  
3rd Wing  
**Carlton Norby**  
**Rusty Schmidt**  
354th Aircraft Maintenance Squadron

**Dennis Hamm**  
**Timothy Ormand**  
354th Civil Engineer Squadron  
**Angel Montalvo, Jr.**  
354th Logistics Readiness Squadron  
**Cameron Dallman**  
354th Maintenance Group  
**Christopher Bilbrey**  
354th Maintenance Squadron  
**John Cory, Jr.**  
**Freddie Dierenfield**  
**Michael Middlebrooks**  
**Richard Richardson**  
354th Services Squadron  
**Darrell Welle**  
381st Intelligence Squadron  
**Marilyn Johnson-Mcgee**  
517th Airlift Squadron  
**Kris Lake**  
611th Air Support Squadron  
**Stacey Fulton**  
703rd Aircraft Maintenance Squadron  
**Jason Morgan**  
732nd Aircraft Mobility Squadron  
**Gregory Anglesburg**  
United States Coast Guard  
**Joey Iaea**



**Brig. Gen. Michael Snodgrass**  
3rd Wing Commander

Do you have a problem you can’t seem to get solved? Would you like to recognize someone for a job well done? The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Michael Snodgrass. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**  
**actionline@elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can’t help, then please call the Action Line.

**Key phone numbers:**  
Col. Christopher Thelen, 3rd CES/CC 552-3007  
Lt. Col. David Aupperle, 3rd SVS/CC 552-2468  
Lt. Col. Robert Garza, 3rd SFS/CC 552-4304

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**Best in DoD 2000**  
**Best in Air Force**  
**1999, 2000 & 2001**  
**Best in PACAF**  
**1998, 1999, 2000 & 2001**  
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**Senior Airman Amy Morrisette**  
**Senior Airman Austin May**  
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Photographer

# 3rd Wing Moment in History

**April 15, 1951:**



Captain Harry C. Torrey piloted a 3rd Bombardment Wing B-26 on the Wing’s 5,000th night sortie of the Korean War. Two months later the wing logged their 10,000th sortie of the war.

# Wing commander implements new DUI policy

*Increases in driving under the influence rates, safety concerns prompt top Arctic Warrior to take new action*

**By Brig. Gen. Michael Snodgrass**  
*3rd Wing commander*

We have a serious problem with binge drinking and Driving Under the Influence in the 3rd Wing, one that we must all help fix. Our rate for DUI is higher than last year, and continues a negative trend from 2002 and 2003. We have taken several steps over the past 10 months to bring the DUI rate down and instituted new policy guidance to all squadrons. I have also heard a lot of “rationale” for the increase in DUIs. I want to address both of these topics.

What are the common reasons for our DUI increase? The dry dormitory policy is sometimes raised as a reason for higher DUI rates. I find it hard to accept that explanation. On average, only about 25% of our dorm residents are over 21. In addition, although some dorm residents have been arrested for DUI, the numbers are higher for people living on and off base than dorm residents.

Another reason given is OPTEMPO. I admit we are busy, but not excessively busy. I do not agree that our tempo is a reason for Airmen driving under the influence. When I discuss our tempo with our Airmen, you tell me that we are managing our tempo pretty well. Interestingly, units with the highest TDY rates do not have a higher share of DUI, but instead have a higher sense of mission and purpose.

Only three of 17 wing DUIs so far this year were by individuals that had deployed within the previous 60 days. We have been managing our OPTEMPO for the past year to keep you informed about your potential to deploy as well as ensuring that the deployment load is spread among our Airmen as equally as possible by selecting people for deployments months in advance.

Historically, supervisors carry the heaviest burden in terms of highest deployment rates, but it is our E1 to E4 who are most frequently arrested for DUI.

Many recent DUI offenders had blood alcohol tests at more than twice the legal limit. Having more than one drink an hour or more than three drinks in an outing will likely put any individual over the legal limit to drive. Drinking excessively puts any individual over the limit to think and act for themselves.

You don’t have to be a doctor to know that binge drinking hurts your health and that when you are drunk, you don’t have the skill to drive.

We are smarter than that...it’s time to act that way.

The fact is, there is no excuse for DUI. There are several well-publicized options available for our Airmen to get home if they are unable to drive. “Wingmen” are the first line of defense. Taking care of each other and making sure our fellow Arctic Warriors get home safely is clearly the first choice. If that is not an option, then call Airmen Against Drunk Driving (AADD) at 552-HOME, call a friend, or take a taxi.

Over the past several months, we have taken many steps to help our Airmen and stress their options for getting home after a night out. As rates began to climb last

spring, we reinvigorated AADD with the help of the First Sergeants Council and individual squadrons that volunteered to assist. Last year, we logged over 2,800 “saves” with AADD.

When DUIs spiked again in the summer, senior leadership took to the streets, standing at the gate and asking Airmen what their plans were for the evening on weekends, and handing out business cards with the AADD phone number. The vast majority were using good wingman considerations and taking care of each other. A very small number were going out, alone, to drink and had no plan for getting home. Seeing wing senior leadership from the wing commander, wing command chief, group commanders and other Chiefs and squadron commanders at the gate had the right effect, and DUIs again decreased.

In the fall, as the rates rose for the third time, we instituted a policy that required individuals arrested for DUI to report to their respective Group Commander or the Wing Vice Commander, with their supervisors and squadron commanders, on the first duty day following

their arrest. In December, we installed DUI signs at our 24-hour gates, updated by offenders, to maintain a visible reminder of wing DUI statistics and the most recent unit suffering a DUI. Finally, we discussed DUI at length during Wingman Day on Nov. 19. Despite these actions, we ended the year with 41 DUIs at Elmendorf.

In January, we had eight DUIs in the wing and one from a tenant unit. In response to this shocking number, we reminded commanders that they

***“As good wingmen, we are all responsible for taking care of each other,”***

**— Brig. Gen. Michael Snodgrass,**  
*3rd Wing commander*

have the option of an administrative discharge for E1 to E4, or taking a stripe from an NCO for a DUI arrest and conviction. As those options became more widely understood, we experienced only three DUIs from Feb. 20 to April 8...and then on April 9 we had three DUIs on one week-end.

As of April 12, individuals arrested for DUI will report directly to the Wing Commander with their supervisor, squadron commander, chief or superintendent and group commander on the first duty day following the arrest. In addition, the entire squadron will report for roll call at 8 a.m. on the first Saturday after an individual in that

squadron (or aircraft maintenance unit) is arrested.

Some may think these steps are unduly harsh or that it will affect squadron morale. A greater effect on morale would be a serious injury or

worse to one of our troops or an innocent person. To date in 2005, we have taken five stripes, over \$1,600 (not including the fines imposed by the courts downtown), 135 days extra duty, and have processed or are processing seven discharges, with more actions possible. These are serious steps to address a serious issue.

Some may question why we are bringing in an entire squadron for an individual’s poor judgment. You could take that false logic to include the supervisory chain of command as well, questioning why they should report to the Wing Commander. As good wingmen, we are all responsible for taking care of each other. We need to be looking out for our fellow warriors and helping them make good decisions.

If you cannot accept that responsibility, as part of this Air Force family you have entered, then you do not understand our culture and the importance of every individual to our Air Force.

The inconvenience of having to report to the Wing Commander and at squadron roll call on a Saturday morning pales in comparison to the impact of having one of our Airmen seriously hurt, killed or taking the life of someone else while driving under the influence. You will see wing leadership at the gates on the weekends, reminding everyone to use good judgment when partying by not driving. We need everyone to look out for each other, tell your friends when they have had enough to drink, offer rides home or call a taxi or AADD for someone who should not be driving and reverse this trend.

To those who are using good judgment and helping take care of your Wingman, thank you for what you are doing to make us successful by helping other Airmen who need a Wingman. Let’s all make sure we do all we can to help!

***“Excessive drinking will exceed any individual’s limit; and inhibits their ability to drive,”***

**— Brig. Gen. Michael Snodgrass,**  
*3rd Wing commander*

## Base cancels airshow due to funding

### 3rd Wing Public Affairs

Due to severe funding constraints across the U.S. Air Force, Elmendorf’s Arctic Thunder Air Show, scheduled for August 13-14, 2005, has been cancelled.

“We are deeply saddened and disappointed that we had to take this drastic step,” said Brig. Gen. Michael A. Snodgrass, 3rd Wing commander.

After weeks of looking at all possible alternatives, base officials determined that resources were not available to finance the quality

show that the community deserves. All Air Force units have been reducing their spending to support the Global War on Terrorism.

At Elmendorf, one aspect of this reduction in available funding has been cuts to the flying hour program. More than \$15 million worth of flying hours have been deducted from the wing flying hour program by higher headquarters to assist in paying essential bills in the fight against terrorism.

In response to this situation, the Municipality of Anchorage offered greater assistance than historically provided for the Airshow. However,

certain specific items must be paid for out of the Elmendorf budget like fuel, flying time, and pay for the U.S. Air Force personnel that deploy to support the show. Consequently, the base is unable to host this year’s show.

“This drawback is severe and will impact the entire base. We cannot count on having any funds for this and many other activities and requirements, and we cannot put on the show without significant federal dollars that we simply no longer have available. These cuts have left me with no other choice,” the General said.

“The entire Elmendorf family is

extremely grateful for the community’s support, and their offer to find a way to fund a greater portion of this year’s show.

It speaks highly of them and the great partnership we feel each and every day here. We look forward to putting on a great show in June 2006.”

With this action, Elmendorf joins a list of other bases that have cancelled this year’s shows. Others include Patrick AFB, Fla.; March ARB, Calif.; Charleston AFB, SC; and Royal Air Force Mildenhall, U.K.

# Alcohol Awareness: ADAPT is here to help

**Staff Sgt. Shannon Burbridge**  
3rd Medical Group

Although alcohol has been a part of society through the ages, it has never been a problem. Alcohol never drove a car off a bridge, never broke the law by being consumed underage, or abused a child/spouse. People have done these things, and more, under the influence of alcohol. So, which is the problem? Well, alcohol doesn’t stand in front of the wing commander after a driving incident, or pay a fine, or serve time in jail.

However, people can take a look at their drinking before they reap those consequences. Don’t be one of the about 200 or more people on base this year who will be forced to take a look at their drinking. Use this information to guide you:

There are three main types of alcohol abuse.

**Binge Drinking:** According to the American Medical Association, five or more drinks in a sitting is a binge. A “drink” is classified as 12 ounce of beer, 6-8 ounces of wine or 1-1 ½ ounces of 80 proof liquor. Signs of binge drinking are drinking fast for the effect or the person who gets two or three drinks at a time so he won’t have to wait in line and lose the buzz, choosing strong drinks, and playing drinking games, including “keg stands” and “bonging” drinks. This can result in blackouts, hangovers, and drinking and driving because the person thinks they’re fine, but their blood alcohol level is still on the rise.

**Alcohol Abuse:** This is a diagnosis that, unless caught early, may lead to alcohol dependence. There are four criteria that must be met within a twelve-month period for a diagnosis of alcohol abuse, but only one of the listed symptoms in each criteria is needed to raise concern. They are:

- Failure to meet responsibilities/obligations, which can relate to work, family, home, breaking promises to loved ones, revolving your schedule around when you will be recovering.
- Alcohol use in physically hazardous situations, such as unprotected sex, or sex with unknown part-

- ners, and engaging in other “dangerous” behavior you would not do if you were sober.
- Legal problems arising from use, such as driving while impaired, underage drinking or physical altercations
  - Continued use despite problems a person is already are aware of, such as disagreements with a loved one about their use, and being late to work or, in general, not meeting standards
- Alcohol Dependence:** This is when a person’s alcohol use has progressed to the point where they are psychologically/physically “dependent” on it. Any three of the following seven symptoms must be met within a 12 month period for a diagnosis of alcohol dependence:
- Tolerance, which can be a decreased effect with the usual amount of alcohol or an increased effect with less alcohol. This is often confused with blood alcohol levels, the percentage of alcohol found in blood. However, tolerance is merely how well a person has trained their body to react to higher levels of alcohol.
  - Excessive use, which is drinking more than intended or spending more time drinking than a person had committed
  - Impaired control or unsuccessful efforts to quit or cut down on alcohol use
  - Continued use despite problems a person is already aware of
  - Withdrawal, such as nausea, sweating, shakiness, and anxiety after stopping heavy drinking.
  - A lot of time spent obtaining, using or recovering from the effects of alcohol, such as being preoccupied with thoughts of alcohol or spending most the weekend either drinking or recovering from drinking
  - Giving up or reducing important social, occupational, or recreational activities, such as not attending functions where alcohol is not served or not allowed
- Alcohol Awareness Month is under way through April. For more information, call Elmendorf’s Alcohol and Drug Abuse Treatment Office at 580-4952. The office is located on the main floor of the hospital in the far right wing.



# Elmendorf scheduled to close main runway

*Plan calls for changes to flying operations, installation of new traffic light on base*

**By Capt. Kelley Jeter**  
3rd Wing Public Affairs

Shortly after midnight on Monday, the main runway here will close until Aug. 10, while it gets a major and vital overhaul.

Elmendorf’s main runway is 10,000 feet of concrete and asphalt that has seen better days, and the repairs that will take place this summer will necessitate shifting our air traffic to the alternate runway and Ted Stevens Anchorage International Airport.

“The old concrete runway originally constructed during World War II sits under the asphalt surface of the current East-West runway,” said Mr. Dan Eckert, 3rd Civil Engineer Squadron pavements engineer.

Mr. Eckert explained that the 60-year-old concrete has been moving continually, primarily from the freeze and thaw cycles, creating wide cracks which are reflected in the asphalt that lies on top of it.

“These cracks have progressively gotten worse over the last few years and have opened up too wide to adequately repair by sealing,” said Mr. Eckert.

Many of the cracks are also closely parallel to one another, often developing asphalt chunks, which become

loose and produce a foreign object hazard to the jet engines.

The new runway is planned to be up and running in August, and it will be better than ever. In most areas, several layers will be taken off and replaced with new and better materials. The surface will also be grooved, which will enhance the runway skid resistance.

In the meantime, the alternate runway, often referred to as the north-south runway, will be the only one on base in operation. Because the alternate runway is shorter by 2,500 feet, it can not accommodate the E-3 Sentry which needs more room to take off. For this reason, the AWACS aircraft will operate out of Ted Stevens Anchorage International Airport this summer.

In addition to the E-3’s having to move for the summer, other heavy aircraft that Elmendorf is able to keep on base will have special issues when they use the alternate runway. Their close proximity to the part of Arctic Warrior Road that skirts the south end of the runway will create possible hazards for cars and pedestrians passing by.

To minimize the danger, new traffic lights are being installed that will be operated by the air traffic control



PHOTO COURTESY 3RD COMMUNICATIONS SQUADRON

**An Elmendorf F-15 aircraft taxis to the runway for takeoff. The base’s main runway is scheduled to close for repairs Monday and reopen in August.**

tower. When a heavy aircraft is given clearance to takeoff to the north, the light will turn red and stop traffic on Arctic Warrior until the aircraft is airborne. This will halt traffic for four to five minutes, but it is to protect passersby from the possibility of flying debris from the sudden jet blast.

Besides the AWACS moving to the international airport, there will be other effects of the runway closure that are felt outside the base gate.

The north-south runway changes the noise patterns that are heard off-base. The Government Hill area will notice reduced noise, while the Mountain View and Muldoon areas of town will hear more jet noise than normal. Takeoffs will still be noisy, but landings will be quieter due to lower power settings, and practice landings

will be minimized.

With all the local air traffic in the Anchorage area, coordination had to be done to mitigate safety issues.

“We are very pleased with the cooperation with the local FAA and Merrill Field,” said Lt. Col. Colin Wright, Director of Operations for the 3rd Operational Support Squadron.

“We have coordinated a new airspace off the south end of the runway with them. It’s called the Cartee airspace, and extends to the south end of the Cartee ball fields in Russian Jack Springs Park on DeBarr Road. Merrill Field will alter their arrival pattern to keep the Cartee airspace clear when the 3rd Wing is recovering jets to the base,” he said.



Staff Sgt. Alicia Barr

**Duty title:** 3rd Wing Protocol, protocol specialist  
**Hometown:** Hollywood Hills, Fla.  
**Hobbies:** Spending time with my husband and my chows, Pooh and Prince  
**How she contributes to the mission:** Ensures distinguished visitors are extended exceptional hospitality during their stay at Elmendorf. In addition, she provides first class support to all tenant units and Alaskan Command.  
**Time at Elmendorf:** Seven months  
**Best part of being in Alaska:** Finally being stationed with her husband and the breathtaking scenery  
**Supervisor’s comments:** “A joy to supervise, hard working, fun to have in the office, and gets the job done right the first time.” Tech. Sgt. Valerie Bryant-Franklin



PHOTOS BY STAFF SGT. SUE NUCKOLLS

Senior Airman Cori Scheuneman

**Duty title:** 90th Fighter Squadron aviation resource management journeyman  
**Hometown:** West Milford, N. J.  
**Hobbies:** All the fun things Alaska has to offer  
**How she contributes to the mission:** Assists the 90th FS in being a combat-ready fighter squadron prepared for worldwide deployment of the F-15E Strike Eagle; ensuring the aircrew members are current, qualified and ready for flight  
**Time at Elmendorf:** Seven months  
**Best part of being in Alaska:** The snow  
**Commander’s comments:** “During our recent Operational Readiness Exercise people tended to get a little tired of gas masks...Cori always kept a smile on her face and her enthusiasm was contagious to the entire squadron. It is great to see someone that enjoys her job.” Lt. Col. Larry Bowers

## Free shuttle service

The Armed Services YMCA now offers a free van shuttle service for all military members and their families every Monday to Friday from 7:30 a.m. to 8 p.m. Those under age 18 must be accompanied by an adult.

The shuttle covers most locations on Fort Richardson and Elmendorf. For guaranteed pick up, make appointments 24 hours in advance. Same day service is also available.

Call 384-FREE (3733) from 8 a.m. to 4:30 p.m. to sign up.

## Disposition of personal effects

1st Lt. Graham Davey, 3rd Equipment Maintenance Squadron, is authorized to make disposition of the personal effects of Senior Airman Billy Wheeler, 3rd EMS, as stated in AFI 34-244.

Any person or persons having claims for or against the estate of the deceased should contact Lieutenant Davey at 552-2267.

## Manager’s training

The 3rd Civil Engineer Squadron will conduct mandatory facility manager’s training Wednesday from 8-9:30 a.m., 10-11:30 a.m. and 1-2:30 p.m. The training is for all assigned primary and alternate facility managers, including tenant units.

For more information, call 552-3449/3727.

## Archery shoot

The Blacksheep Bowmen Archery

Club will host a 3-D Shoot May 1 at the Outdoor Range for \$10 and free for children under 12. Registration will begin at 9 a.m. with the shoot beginning at 10 a.m. Membership is not required, but participants must bring their own equipment.

For more information, e-mail balencer@mtaonline.net.

## Kick-off banquet

In observance of May being Asian-Pacific-American Heritage Month, a Kick-Off Banquet will be May 3 at 11 a.m. in the Susitna Club.

The guest speaker will be Brig. Gen. James Hirai, U.S. Army Alaska Commanding General. Cost is \$10.60 for club members and \$12.60 for non-members. Purchase tickets by Wednesday by calling 552-2839/3932.

## Suicide prevention

All military and civilian members are required to attend one of the following briefings at the Base Theater to satisfy their annual training requirement: May 2 at 3 p.m., May 4 at 7:30 a.m., May 18 at 3 p.m., June 6 at 3 p.m., June 8 at 7:30 a.m. and June 14 at 3 p.m. Call 580-1399 for more information.

## Library book sale

Donations of books, audio cassettes, DVDs, CDs and other library items are needed for the Library’s annual book sale.

This year, the sale will be April 29 from 10 a.m. to 2:30 p.m., April 30 from noon to 4:30 p.m. and

May 1 from noon to 4:30 p.m. Funds from the sale will be used to support the Summer Reading Program for children.

For more information, call 552-3787.

## Weapons registration

All military members residing in base housing, temporary lodging, and dormitories must register their privately owned weapons. Unit commanders will ensure weapons registration is accomplished during initial in-processing.

Housing residents may store their weapons in quarters but must ensure the use of gun cabinets, mechanical locks or other safety devices to render it inoperable.

Weapons are not authorized in the dormitories, temporary lodging units. These weapons must be stored in the 3rd Security Forces armory immediately upon arrival.

For more information, contact the 3rd SFS personnel at 552-6576.

## Pharmacy closure

The pharmacy will be closed today at noon and will reopen Monday.

For more information, call 580-6820.

## Yellow bracelets

The bright yellow, or any brightly colored bracelet, cannot be worn in uniform. They do not meet the conservative criteria outlined in AFI 36-2903, Dress and Personal Appearance of Air Force Personnel.



## Chapel Schedule

### Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 6 p.m. Sundays at Chapel 2

### Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

### Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
  - **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.
- For more information, call the Chapel at 552-4422.

# Awards program honors base’s top volunteers

**By Mr. Jon Scudder**  
3rd Wing Public Affairs Environmental

Elmendorf honored its volunteers Thursday during the annual Base Volunteer Recognition Ceremony at the Yukon Activity Center.

The theme of the ceremony, “Together, We Make a Difference,” honored nine of the base’s top volunteers who received Angel Awards and Air Force Excellence awards.

“This is extremely important,” said Rocky Latta, Family Support Center volunteer coordinator, referring to the two volunteer awards.

“These are prestigious awards that are only given out to few Elmendorf volunteers a year,” said Mr. Latta. Additionally, base volunteers who have donated more than 150 hours were honored with a Volunteer Pin.

“Volunteers are a group of people who I consider the unsung heroes in our community,” said Mr. Latta. “They selflessly give of themselves to make life a little better for us all.”

He said the ceremony is very significant because it recognizes the devoted volunteers who give so much to our community both on and off the base. “The awards honor volunteers that serve as positive examples, setting the standard for others.”

He said the program, which is more than 15 years old, provides a focal point for the base to recruit, interview and place volunteers in agencies where their skill and interests are best utilized.

And volunteer they do—about 550 Elmendorf people volunteered more than 38,400 hours last year with a value of over \$660,000, according to Mr. Latta.

Mr. Latta said he manages the program with the help of several unit and agency representatives who make up Elmendorf’s Volunteer Action Council. The council discusses issues, advertises opportunities and works with agency representa-

tives to find volunteers to fill needs.

For more information about volunteering opportunities, call or make an appointment with Mr. Latta at 552-8068.

## VOLUNTEER EXCELLENCE AWARDS

**Tina Evans**  
*Aurora Elementary School*

Ms. Evans served as Parent Teacher Association president, heading a volunteer staff of 300 with an annual budget of \$23,125. She helped organize Welcome to School events to ease the transition of new families into the school with a combined donation of more than 450 hours. In addition, Ms. Evans prepared monthly newsletters informing 450 families of current events and needs at Aurora, as well as coordinating and recruiting volunteers for fall and spring picture days, book fairs, and the display of original art works. She also managed the school store, which raised \$32,000 to fund additional learning opportunities. Ms. Evans volunteered 400 hours in the classroom introducing monthly reading incentive program encouraging students to read nightly. The program had an 82 percent success rate.

**Nancy Feather**  
*Elmendorf Officers Spouses’ Organization*

Ms. Feather increased communication and effectiveness as a liaison between the hospital, Community Agencies Resources and Education team, Armed Services YMCA, Army and Air Force Exchange Service, Defense Commissary Service and the community. She also helped raise the largest sum ever at the Elmendorf Officers Spouses’ Organization Craft Bazaar for local scholarships; decorated the Susitna Club for the holidays; and was a member of the deployed spouses holiday Christmas party planning committee. Ms. Feather also organized an auction raising \$7,900 for the

Arctic Village Christmas visit; implemented “child friendly” socials; doubled newsletter circulation; and orchestrated visits and cards to improve morale of sick and injured squadron and family members. In addition, Ms. Feather secured \$2,400 from community organizations for programs such as Heartlink, Hearts Apart and Operation Family Topcover. She also recruited 3rd Operations Group sponsorship for an entire year of Heartlink programs, and her volunteer recruiting efforts contributed to the first ever Operation Family Topcover, attended by more than 500 people.

**Tami Vandeman**  
*Airman’s Attic*

Ms. Vandeman donated 613 hours to Airman’s Attic providing assistance to more than 300 patrons resulting in redistributing about 2,375 donated items. She developed and maintained an efficient processing center to better organize and store donated items which enhanced the ability of volunteers to properly restock and track available inventory. In addition, Ms. Vandeman initiated and maintained a special designated room at the Airman’s Attic solely for the purpose of providing emergency items to military families going through destruction of fire and/or water disasters.

**Lisa Olday**  
*Aurora Elementary School*

Ms. Olday volunteered more than 100 hours per month working at registration, open house and ice cream social events. She welcomed new and returning families, recruited PTA members and informed parents of PTA goals and activities. As a classroom helper, Ms. Olday changed bulletin boards; switched out the weekly newsletter and spelling lists in each child’s binder; assisted with the fourth grade snack ship project; and chaperoned field trips, choir tours and class parties.

See “Winners” on page 9

“Winners” from page 8

Additionally, Ms. Olday served as PTA secretary, where she typed correspondence, minutes and newsletters.

ANGEL AWARD WINNERS

**Tech. Sgt. Alisa Conley**  
*Active Duty Category*

Sergeant Conley served as a spouse leader for more than 20 spouses, where she strengthened the networking support among spouses of deployed members. She coordinated family morale issues during a unit deployment of more than 100 servicemembers. Sergeant Conley was also instrumental as an Airman’s Attic volunteer in ensuring the continuity and success of wing programs affecting newly assigned young Airman and their families. Additionally, she led the collection of items for house-fire victims, and gathered and hauled 10 truckloads of furniture, baby items, toys, clothing and cooking utensils.

**Airman 1st Class Carina Kelly**  
*Active Duty Category*

Airman Kelly was a professional role model and leader to Elmendorf and local community youth, donating more than 420 hours to local and base organization and activities. She’s an avid member of Big Brothers Big Sisters and recruited other Arctic Warriors to volunteer as role models to children. In addition, Airman Kelly volunteered 60 hours mentoring a little girl and her brother at Wonder Park Elementary School. She was also a critical member in the landscaping and setting up of the Arctic

Oasis Community Center, which serves Elmendorf youth and their families.

**Louise Copeland**  
*Spouse Category*

Ms. Copeland serves as Aurora Elementary PTA Executive Board, where as president she averaged 40 hours per week as a classroom and PTA volunteer. She assisted with the timely submittal of collected box tops to raise \$500 in support of school activities; assisted in helping students with science experiments; and served as a chaperone on class field trips. Additionally, Ms. Copeland worked on several activities, including an open house which welcomed new and returning families; informed parents about the PTA; and accepted orders for spirit shirts and yearbooks.

**Barbara Walukewicz**  
*Spouse Category*

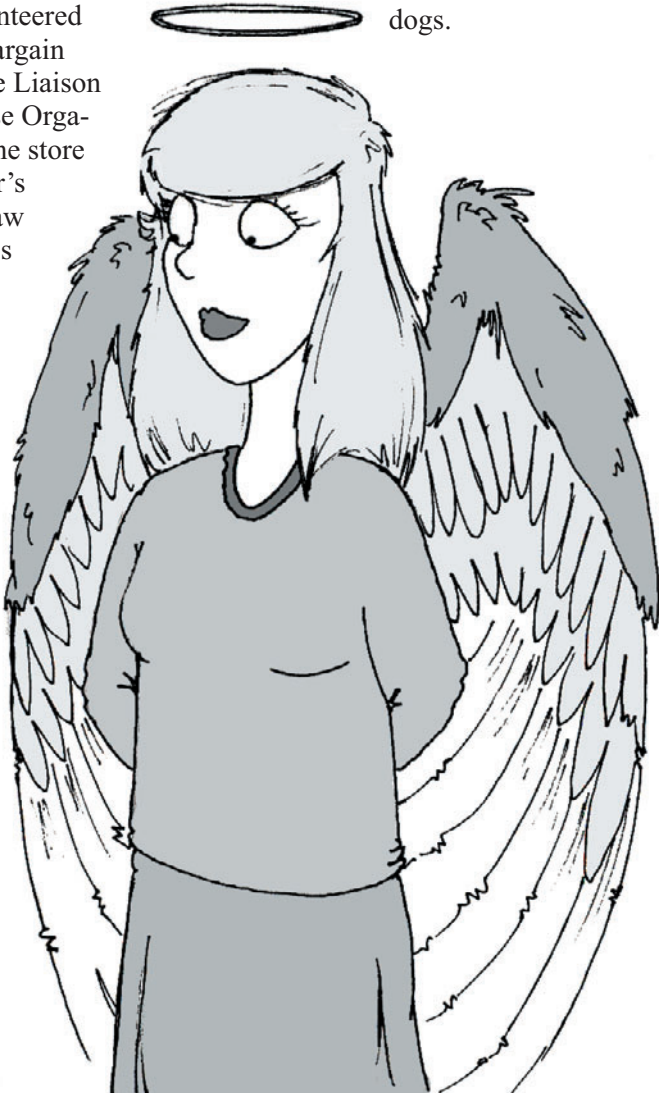
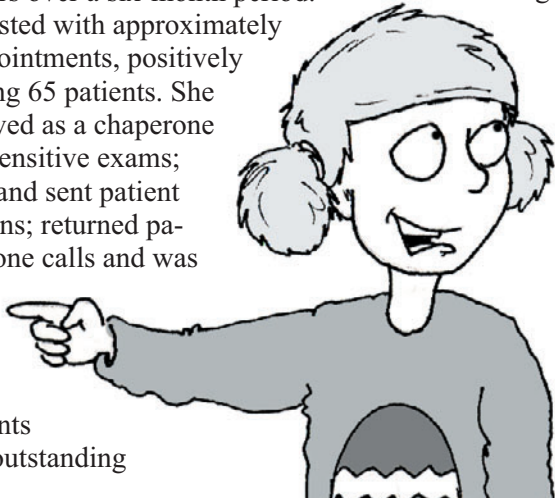
Ms. Walukewicz volunteered at the Elmendorf Hospital and worked 513 hours over a six-month period. She assisted with approximately 570 appointments, positively impacting 65 patients. She also served as a chaperone during sensitive exams; labeled and sent patient specimens; returned patient phone calls and was frequently recognized by patients for her outstanding

and caring attitude. Furthermore, Ms. Waukewicz provided outstanding support to a pregnant patient with complicated pregnancy that had numerous previous miscarriages. Her compassionate care eased the patient’s concerns.

**Karen Weiss**  
*Spouse Category*

Ms. Weiss volunteered 284 hours at the Bargain Shop serving as the Liaison for Officer’s Spouse Organization, running the store during the manager’s absence and oversaw unprecedented sales of donations and consignments that enabled the Bargain Shop to meet a \$9,000 goal five months ahead of schedule. She was also recognized by Anchorage

School District as Outstanding Volunteer for Alpenglow Elementary during the 2003-04 school year, one of four chosen out of pool of more than 20 volunteers. Additionally, Ms. Weiss volunteered at a local animal shelter where she provided care, training and feeding for dogs. She was also instrumental in finding homes for several of the dogs.



# Arctic Life

Great living in the great land

## FOD walk, spring cleanup starts Monday

By Mr. Jon Scudder  
3rd Wing Public Affairs Environmental

Litter has reared its ugly head across the Elmendorf landscape. Volunteers will take to the streets and fields to cleanup the community during Elmendorf's annual Foreign Object and Debris Walk and Anchorage's 37th Annual City-Wide Cleanup Days events.

"Elmendorf people have consistently shown their dedication and commitment to working with and cleaning up the community," said Master Sgt. Anthony Edmondson, 3rd Civil Engineer Squadron project officer.

As part of the base clean up campaign, Arctic Warriors will start with a FOD walk on the flight line Monday from 7:15 - 9 a.m. followed the next week with the base spring cleanup.

### FOD WALK

"Cleaning up FOD is extremely important," said Master Sgt. Kenneth Klippenstein, 3rd Wing FOD monitor. "[FOD] damages aircraft, increases mission costs, and is totally preventable."

Elmendorf's annual FOD walk is when the 3rd Wing shuts down the airfield for two hours and puts shoe leather to pavement to clean and inspect the airfield and surrounding areas.

"The key to a good FOD walk is good organization," added Sergeant Klippenstein. "People should talk with their supervisors ahead of time so they can be in-place by 7:15 a.m."

He said senior leadership from each unit will take the lead and provide details on their areas of responsibility, for example, distributing the bags to the volunteers, coordinating the logistics for the day's events, and their unit's general participation in the unit cleanup.

### CLEANUP WEEK

Along with the FOD Walk, units will be cleaning their own areas. Orange bags will be distributed to the units and the 3rd CES will make several sweeps along the main thoroughfares to pick up the bags.

"The bags are for general refuse," said Sergeant Edmondson. "People should not use them for hazardous materials such as paint, tires and oil containers."

For those units that have unique or large items that will not fit into the bags, volunteers should contact the 3rd CES heavy equipment section at 552-2994 to arrange a pick-up.

In addition to the base cleanup, Elmendorf

volunteers will support Elmendorf's and Anchorage's Cleanup Week along with its community programs.

Mr. Dick Stallone, Anchorage Chamber of Commerce's City-wide Cleanup chairman, knows first-hand what a large role the Elmendorf volunteers play in the municipality's beautification efforts.

"To me, this is just a perfect example of the relationship Elmendorf has with the city. Elmendorf gets involved in nearly every volunteer effort that Anchorage has, and that includes the city-wide cleanup," said Mr. Stallone. "It makes a big difference and we really, really appreciate it."

Their dedication shows. Last year, nearly 7 million pounds of trash was collected.

Some of the other programs Elmendorf volunteers support include: Adopt-A-Highway, Adopt-A-Road, Adopt-A-Bike Path and Green Star's Electronics Recycling Days, April 29 and 30.

Electronics Recycling Day for businesses and non-profits is April 29, and household collection is April 30 from 10 a.m. to 4 p.m. both days. The event will be held at the old FedEx warehouse on the corner of Jewel Lake and International Airport Road, 3444 Old International Airport Road. If interested in volunteering to support the event, call Green Star at 279-7839.

Fees for businesses will be 30 cents per pound for all acceptable electronics, with qualifying charitable non-profits able to recycle for free. Households will be charged \$10 per vehicle for all electronics, including up to three monitors or TVs. Additional household monitors and TVs will be \$5 each.

For disposal of refuse, the Anchorage and Girdwood Landfill Transfer stations will be open for free residential dumping.

The Anchorage Regional Landfill and Central Transfer Station is open for free residential dumping April 30 from 8 a.m. to 5 p.m.; May 1 from noon to 5 p.m.; and May 7 from 8 a.m. to 5 p.m.

Loads must be hauled in a car, unmodified pickup or trailer with the load not to exceed the size of a standard pickup bed. The load must be covered or secured to prevent it from spilling in transit and must not exceed 1,000 pounds.

Free disposal includes up to five gallons of waste oil, one car battery and up to 40 pounds of household hazardous waste per day. There is an extra \$20 charge for appliances containing Freon.

For more information on the FOD Walk, call Sergeant Klippenstein at 552-1549.



STAFF SGT. SUE NUCKOLLS

**Tech. Sgt. Todd Perry, 3rd Civil Engineer Squadron, helps with last year's base clean up. All squadrons on base are assigned an area to clean up. When the temperatures warm up, the melting snow begins to reveal debris that had previously been covered. During the base clean-up, squadrons will remove this debris.**

For Cleanup Week, call Sergeant Edmondson at 552-2884, or the Anchorage Chamber of Commerce City-wide Cleanup hotline at 272-2401.



Lt. Col. Robert Garza, commander

## Unit Spotlight 3rd Security Forces

### MISSION:

The 3rd Security Forces Squadron provides law enforcement, force protection, and operational security for all base activities, including F-15 alert and non-alert aircraft; E-3 Airborne Warning and Control Aircraft; C-130 aircraft; Air Mobility Command transient aircraft; and both U.S. and allied aircraft participating in regional exercises. They also provide global air base defense support and RAVEN deployed aircraft security.



# Activities abound during Month of Military Child

By Staff Sgt. Mike Edwards  
3rd Wing Public Affairs

April is the month of the Military Child. In recognition of the month, several base agencies have created special programs to provide the children of military members an opportunity for fun and education.

The following events are offered.

## School Age Program

A Fashion Show will be Wednesday from 6:30-8 p.m. with a location to be announced. The event is free, but families are asked to bring any size bag of pet food/pet item, which will be donated to a humane society. The Elmendorf drill team will be performing, and door prizes and pizza will be offered. For more information, call 552-5091.

## Library

■ Preschool Story Hour is Tuesdays at 10:30 a.m. at the Library. This program is open to children up to age 5 who are not part of a day care group, enrolled in an educational facility or attending any other organized group. Children must be accompanied by an adult.

■ Take-It-and-Make-It is Tuesdays at the Library at any time during regular hours of operation. Children can receive a craft kit to take home, which contains instructions and all the necessary pieces to build a craft. For more information, call 552-3787.

## Skills Development Center

Kid's Korner will be Saturdays in April from 1-3 p.m. at the Skills Development Center. Children can learn to build a craft. For additional information, call 552-2470.

## Susitna Club

Children ages 12 and under can eat for free every Thursday through Saturday in April in the Susitna Café. They can also receive one free item off the children's menu or children's buffet with each adult dinner meal purchased. For more information, call 753-3131.

## Family Advocacy

Family Advocacy will be giving away children's books, pins and parenting handouts at their display at the Base Exchange. For more information, call 552-5858.



Andrew Tonnell, 8, son of Col. Brian Tonnell, 3rd Wing Saftey, takes some free time to go bowling at the Polar Bowl. Games were 50 cents each for children 17 and under.



Children gather around Ms. Betty Stark during the Tuesday morning activity time the library has reserved for preschool age children.



Above: Jack Shields, 3, and his mother Pam, wife of Major Jim Shields, 3rd Medical Group, get a free project kit of Big Bird from the library as part of their Take-It-and-Make-It program.



Right: Jurnee Scott, 5 years old, and her dad Chuck Scott, paint a bunny during activities day at the Skills Development Center.



PHOTOS BY STAFF SGT. SUE NUCKOLLS

Above: Nicholas MacIntosh, 6 years old, son of Technical Sgt. Jason MacIntosh, 732nd Air Mobility Support Squadron, attempts to climb the wall at the Arctic Oasis Community Center. This is just one of the many free activities the Community Center offers military youth.

On the cover: Jaden Canady, 8 years old, son of Technical Sgt. Richard Canady, 962nd Airborne Air Control Squadron, paints his dinosaur at activities day for children at the Skills Development Center.

# Make money, learn facts on web

By Mrs. Mary Rall  
3rd Services Marketing

Do you feel lucky, Web surfer? Well, do ya? Find out for sure by logging on to [www.elmendorfservices.com](http://www.elmendorfservices.com) where you can win monthly prizes while learning valuable information about 3rd Services programs and facilities.

Every month, Web surfers can visit the site and search through the various links to find the hidden animated money graphic and specially marked bonus prizes, which will vary monthly.

The individual who is the first to find the animated money graphic will win \$50 and the person who finds the bonus prizes can win anything from golf passes to bowling certificates. The dates the animated money graphic and the bonus prizes are posted will vary monthly,

so those who are up for the challenge will have to log on to the site regularly to find them.

Once the prizes are located, the first person to call Chip's Information Line and leave their name, phone number, and the exact address of the page the prize is located will win the prize. The number can be reached at 552-8990, push "3" for the Comment Line.

Also, while you are calling the Comment Line, be sure to peruse the menu of options to listen to recordings of the latest events featured throughout 3rd Services for the week, find out more about our various facilities, or to simply leave us a message concerning what you enjoy about 3rd Services programming or tell how 3rd Services can better serve its customers.

While the instant gratification of winning a prize

at [www.elmendorfservices.com](http://www.elmendorfservices.com) may be enough to get anyone to log on, the benefits of browsing the site don't end with what prizes you could win.

The rewards found at the site vary from getting a closer look at what 3rd Services facilities feature including menus, fees, programming, an aerobics calendar, pictures of the facilities, maps, employment opportunities, sponsorship opportunities, and of course, an online version of the "Screamin' Eagle."

With \$50 in cash, varying monthly Bonus Prizes, and Services' news and information at your fingertips, no other motivation should be needed to log on to [www.elmendorfservices.com](http://www.elmendorfservices.com). The prize that will make you a lucky winner could be posted any day of the week, so log on often.



## ...:inside the fence

**Friday Bowling**, From 5 p.m. to 1 a.m. for \$2.50 a game at the Polar Bowl. 552-4108

**F2W Extreme Dancing**, Today at 4 p.m. with small and large group dance activities at the Youth Center. 552-2266

**Bike Maintenance Class**, Saturday at 1 p.m. for \$5 at Outdoor Recreation. 552-2023

**All Night Xtreme**, Saturday from 10 p.m. to 1 a.m. at the Polar Bowl. 552-4108

**Kids Korner Make and Take Ceramics**, Saturday at 1 p.m. for \$15 at the Skills Development Center. 552-7012

**Sunday Brunch**, From 10:30 a.m. to 2 p.m. at the Susitna Club. 753-3131

**Airmen's Special**, Monday from 5-9 p.m. at the Polar Bowl. 552-4108

**Early Bird Camper Special**, Available through Outdoor

Recreation. 552-2023

**Dorm Key Night**, Monday show your dorm key and bowl for half price at the Polar Bowl. 552-4108

**Bowler Appreciation Night**, Tuesday from 5-9 p.m. at the Polar Bowl. 552-4108

**Deployed Personnel Spouses 2-4-1 Lunch Special**, Tuesday at the Eagle's Nest at Eagle Glen. 552-3821

**Fashion Show**, Wednesday at 7 p.m. at the School Age Program. 552-5091

**Wednesday Night Madness**, Wednesday from 5-9 p.m. for \$15 per lane at the Polar Bowl. 552-4108

**Ceramic Spring Mug of Fun**, Thursday at 6 p.m. for \$35 total at the Skills Development Center. 552-7012

**Family Night Buffet**, Thursday at the Susitna Club. 753-3131

**Unlimited Bowling**, Thursday

for \$15 per lane for up to six people from 5-8 p.m. at the Polar Bowl. 552-4108

**Red Pin Bowling**, Thursday from 5-9 p.m. at the Polar Bowl. 552-4108

**\$1 Beer Night**, Thursday at The Igloo at The Polar Bowl. 552-4108

**Donated Book Sale**, April 29 from 10 a.m. to 2:30 p.m. at the Library. 552-3787

**Wild Wild West Round Up**, April 29 from 6 p.m. to midnight at the Susitna Club. 753-3131

**Friday Bowling**, April 29 from 5 p.m. to 1 a.m. for \$2.50 a game at the Polar Bowl. 552-4108

**National Arbor Day Tree Planting**, April 29 at 4 p.m. at the Youth Center. 552-2266

\* All Skills Development Center classes must be signed up for at least three days in advance.

**RECYCLE**: Elmendorf youth will be conducting a Recycling Day in honor of Earth Day from 10 a.m. to 6 p.m. at the Youth Center. Members of the base community may drop off newspapers, magazines, catalogues, cardboard and aluminum cans. Clothing donations will be accepted as well and given to the Airmen's Attic. 552-2266.

**MOVIE**: *Million Dollar Baby* (PG-13) Frankie Dunn is a veteran boxing trainer who has devoted his life to the ring and has little to show for it. Then, Maggie Fitzgerald enters his life and announces she needs a trainer. Frankie regards her as a dubious prospect, as she's too old at 31, lacks experience, and has no technique.

## ...:sat

**NASCAR**: Get revved up for the Subway Fresh 500 NASCAR Race from 3:30-8:30 p.m. at The Igloo. This event has everything to keep your motor running to include appetizers, door prizes and drink specials. 552-4108

**MOVIE**: *Be Cool* (PG-13) Chili Palmer sees a friend killed while he's at lunch, and when he visits the wife of the deceased, he pitches himself as her new business partner, hoping to enter the music industry.

## ...:sun

**XTREMELY FUN**: Take in the fun on the lanes at Family Xtreme Bowling from 1-8 p.m. at the Polar Bowl. 552-4108

**MOVIE**: *Diary of a Mad Black Woman* (PG-13) Devoted housewife Helen and powerful attorney Charles have a picture-perfect marriage. Just as Helen begins preparations to celebrate their 20th anniversary, Charles drops his bomb: he wants to divorce Helen for her best friend.

## ...:fyi

**FLY HIGH**: Stop by the Aero Club Open House April 30 from 10 a.m. to 3 p.m. at Hangar 7. Enjoy free hamburgers and hotdogs, flights for 10 cents per pound and a free headset or one-hour of C-172 flight time for joining the Aero Club. 753-4167

Planes of the ‘50s, ‘60s, part 1

By 1st Lt. Tony Wickman  
Alaskan Command Public Affairs

ACROSS

- 1. Father
- 4. Bro’s sib
- 7. MCI competitor
- 10. European mount
- 13. Bullring cheer
- 14. Martin B-61
- 15. Constrictor
- 16. \_\_\_ Moines, IA
- 17. Actress Smart
- 18. Genetic fingerprint?
- 19. Engine need
- 20. *Trading Spaces* TV channel
- 22. Hesitate
- 24. AGM-45As
- 28. Chrysler B-78
- 30. Ice chests
- 31. Second-hand
- 32. Prefix for body or one
- 33. Mil. phone system
- 34. Needlefish
- 35. \_\_\_ Wilder

- 38. Caviar
- 39. In the past
- 40. Mistake
- 41. Iron or Bronze
- 44. Burn residue
- 47. Aglow
- 48. Heard at an auction?
- 49. Grovel
- 51. Bell B-63s
- 54. Ambled
- 55. Cancel
- 56. Steep rocky hill
- 57. \_\_\_ jam; tight spot
- 58. USA commissioning source
- 61. Center of the solar system
- 63. Sick
- 66. Address for 65 DOWN, possibly
- 67. Lockheed RB-69A
- 68. Dine
- 69. \_\_\_! *The Cat* cartoon
- 70. Tarzan, once
- 71. Prohibit
- 72. ... --- ...

DOWN

- 1. Defense org.
- 2. Pub order
- 3. Douglas B-66
- 4. Hit
- 5. Penn movie \_\_\_ Sam
- 6. Pig’s place
- 7. Compute
- 8. 2,000 lbs
- 9. *M\*A\*S\*H* character \_\_\_ John
- 10. *There’s Something* \_\_\_ *Mary*
- 11. Actress May-\_\_\_ Parker
- 12. More colorless
- 21. \_\_\_ Abner
- 23. Help
- 24. Frighten

A	M	A			T	A	D		A	L	E	A	P	
R	I	N			M	A	L	I		P	O	L	L	E
C	G	I			O	R	E	O		A	L	L	P	R
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			A								E	S	C	A
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			S								A	R	E	N
													O	T

Last week’s solution

1	2	3		4	5	6		7	8	9		10	11	12
13				14								15		
16				17				18				19		
		20	21					22	23					
24	25				26	27		28	29					
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32				33				34				35	36	37
38												39		
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51	52	53						54						
55										56				
57				58	59	60		61	62			63	64	65
66				67								68		
69				70				71				72		

- 25. Extol with praise
- 26. Medical rooms, in short
- 27. ID number for mil.
- 28. Crock
- 29. Country protected by 1 DOWN
- 35. XB-70s
- 36. Athletic
- 37. Well-known
- 41. Sea snail
- 42. *Buck Rogers* actor Gerard
- 43. O’Neal and Harris
- 44. Cash machine
- 45. Hotel room designation, in short
- 46. Convair B-58
- 48. Hospital room for very sick (in brief)
- 50. Co. head
- 51. Bring up
- 52. Sharpshooter Oakley
- 53. Northrop B-62
- 59. Film reel part
- 60. Eddie Murphy movie *I* \_\_\_
- 61. U-boat
- 62. *Cat* \_\_\_ *Hot Tin Roof*
- 64. Asian person in the Mekong Delta
- 65. O1 and O2



# Penguins swim their way to Olympics

Courtesy Elmendorf Penguins

It wasn't exactly the Olympics, but it was a start. Four swimmers from the Elmendorf Penguins competed in the 2005 Speedo/Alaska Swimming Junior Olympic Championship at Bartlett High School April 14-Sunday.

Amanda Sams, 12, John Nolte, 10, Stephanie Olmstead, 10, and Faith Ponte, 10, all competed against the top swimmers from all around Alaska.

With nearly 500 participants at this year's Junior Olympics it may have seemed overwhelming for some of the kids. However, once the Penguins jumped in the water, they swam hard and fast.

"I am very proud of these kids, they set individual goals early this year, worked really hard, and qualified. They should be very proud of their efforts," said Jeff Olmstead, Elmendorf Penguins Coach.

Currently, 25 children from the ages of 8-14 are on the Elmendorf Penguins swim team. They practice one hour three times a week at the Fitness Center. Whether the kids are on the team for the competition or just to stay fit, the number one thing we want is for them to have fun. Olmstead added, "If the kids' goals are to compete in the Olympics or just to gain physical fitness benefits, the rewards for these children are splendid. My hope is for all of the kids to discover that swimming is an activity they can enjoy their entire lives."



Stephanie Olmstead, 10, competes in the backstroke.



PHOTOS BY AIRMAN 1ST CLASS JONATHAN THRASHER

Above: John Nolte, 10, prepares to compete in his heat for the Elmendorf Penguins during backstroke competition.

Below: Swimmers spring into action against the competition during the 2005 Speedo/Alaska Swimming Junior Olympic Championship at Bartlett High School April 14-Sunday.

